



Lesson 3: Homework

- 1) Think about your emotional eating triggers. Do you overeat when you're sad? When you're celebrating? After a long day at work? Write down a handful of situations that cause you to overeat. Following the example at the top of the page, continue to answer a few questions about your emotional eating habits. (Worksheet 1)
 - a. Make a list of the triggers that cause you to overeat.
 - b. Write down what happens right before each trigger occurs.
 - c. Write down how you feel after eating for emotional reasons.
 - d. Write down what you could do differently next time.
- 2) Keep track of your hunger levels for four days. Every hour, stop and write down where you would place yourself on a hunger scale that ranks from 1-10 (ten being the hungriest). Use this knowledge to be better prepared (bringing snacks to work, having more frequent meals, etc.) so that you don't eat the wrong foods out of hunger. (Worksheet 2)
 - a. If you find that you're usually hungry in the afternoon or evening, plan to have more healthy options available at those times.
- 3) What are some of your favorite hobbies that you can keep busy with when you want to overeat emotionally? Write down or paste pictures of your favorite hobbies on this sheet and post it somewhere where you can see it often. (Worksheet 3)
 - a. List your favorite hobbies.
 - b. What are you going to do to relax and take time for yourself this week?
- 4) Keep following the Club Reduce nutrition and lifestyle guidelines.
- 5) Download and listen to the Self-Mastery Technology (SMT) session for this week.

Learn it Live it Lose it

Club Reduce© 2014 – Learn and Lose – Learn It! Live It! Lose it!

Example of Trigger Worksheet:

Trigger that causes me to overeat: Fight with a loved one or spouse

What happens Right before the Trigger Occurs? Miscommunication and arguments

How do I feel after I have eaten for emotional reasons? Annoyed, ashamed

What could I do differently next time? Write my feelings down, take a bubble bath

Worksheet 1: Emotional Triggers

Triggers that cause me to overeat:

What happens right before the trigger occurs?

How do I feel after I have eaten for emotional reasons?

What could I do differently next time?

Worksheet 2: Hunger Scale

DAY ONE

7 am: 1 2 3 4 5 6 7 8 9 10
8 am: 1 2 3 4 5 6 7 8 9 10
9 am: 1 2 3 4 5 6 7 8 9 10
10 am: 1 2 3 4 5 6 7 8 9 10
11 am: 1 2 3 4 5 6 7 8 9 10
12 pm: 1 2 3 4 5 6 7 8 9 10
1 pm: 1 2 3 4 5 6 7 8 9 10
2 pm: 1 2 3 4 5 6 7 8 9 10
3 pm: 1 2 3 4 5 6 7 8 9 10
4 pm: 1 2 3 4 5 6 7 8 9 10
5 pm: 1 2 3 4 5 6 7 8 9 10
6 pm: 1 2 3 4 5 6 7 8 9 10
7 pm: 1 2 3 4 5 6 7 8 9 10
8 pm: 1 2 3 4 5 6 7 8 9 10
9 pm: 1 2 3 4 5 6 7 8 9 10
10 pm: 1 2 3 4 5 6 7 8 9 10

DAY TWO

7 am: 1 2 3 4 5 6 7 8 9 10
8 am: 1 2 3 4 5 6 7 8 9 10
9 am: 1 2 3 4 5 6 7 8 9 10
10 am: 1 2 3 4 5 6 7 8 9 10
11 am: 1 2 3 4 5 6 7 8 9 10
12 pm: 1 2 3 4 5 6 7 8 9 10
1 pm: 1 2 3 4 5 6 7 8 9 10
2 pm: 1 2 3 4 5 6 7 8 9 10
3 pm: 1 2 3 4 5 6 7 8 9 10
4 pm: 1 2 3 4 5 6 7 8 9 10
5 pm: 1 2 3 4 5 6 7 8 9 10
6 pm: 1 2 3 4 5 6 7 8 9 10
7 pm: 1 2 3 4 5 6 7 8 9 10
8 pm: 1 2 3 4 5 6 7 8 9 10
9 pm: 1 2 3 4 5 6 7 8 9 10
10 pm: 1 2 3 4 5 6 7 8 9 10

DAY THREE

7 am: 1 2 3 4 5 6 7 8 9 10
8 am: 1 2 3 4 5 6 7 8 9 10
9 am: 1 2 3 4 5 6 7 8 9 10
10 am: 1 2 3 4 5 6 7 8 9 10
11 am: 1 2 3 4 5 6 7 8 9 10
12 pm: 1 2 3 4 5 6 7 8 9 10
1 pm: 1 2 3 4 5 6 7 8 9 10
2 pm: 1 2 3 4 5 6 7 8 9 10
3 pm: 1 2 3 4 5 6 7 8 9 10
4 pm: 1 2 3 4 5 6 7 8 9 10
5 pm: 1 2 3 4 5 6 7 8 9 10
6 pm: 1 2 3 4 5 6 7 8 9 10
7 pm: 1 2 3 4 5 6 7 8 9 10
8 pm: 1 2 3 4 5 6 7 8 9 10
9 pm: 1 2 3 4 5 6 7 8 9 10
10 pm: 1 2 3 4 5 6 7 8 9 10

DAY FOUR

7 am: 1 2 3 4 5 6 7 8 9 10
8 am: 1 2 3 4 5 6 7 8 9 10
9 am: 1 2 3 4 5 6 7 8 9 10
10 am: 1 2 3 4 5 6 7 8 9 10
11 am: 1 2 3 4 5 6 7 8 9 10
12 pm: 1 2 3 4 5 6 7 8 9 10
1 pm: 1 2 3 4 5 6 7 8 9 10
2 pm: 1 2 3 4 5 6 7 8 9 10
3 pm: 1 2 3 4 5 6 7 8 9 10
4 pm: 1 2 3 4 5 6 7 8 9 10
5 pm: 1 2 3 4 5 6 7 8 9 10
6 pm: 1 2 3 4 5 6 7 8 9 10
7 pm: 1 2 3 4 5 6 7 8 9 10
8 pm: 1 2 3 4 5 6 7 8 9 10
9 pm: 1 2 3 4 5 6 7 8 9 10
10 pm: 1 2 3 4 5 6 7 8 9 10

Worksheet 3: Favorite Hobbies and Activities

What are some of your favorite hobbies that you can keep busy with when you want to overeat emotionally?

What are you going to do to relax and take time for yourself this week?
